

Kūmara

Available

All year round. Red, orange or golden kūmara.

Buy

Choose kūmara that are firm with unbroken skin.

Store

In a cool, dark cupboard.



Prepare



Scrub well and remove any small roots, peel if required.

Can be:



Diced or grated



Sliced



Peeled



Chopped into wedges

Cook

Can be:



Boiled



Mashed



Baked



Steamed



Savoury vegetables and mince

(serves 4)

Ingredients

500 grams mince
2 cups grated kūmara
1 can (400grams) tomatoes, or 4 fresh tomatoes, chopped
1 large onion, finely chopped
2 cups water
1 teaspoon stock powder
1 cup frozen peas
2 cups sliced silverbeet
To serve:
extra kūmara, diced
parsley, chopped

Method



Brown mince in a large saucepan.



Add the kūmara, tomatoes, onion, water and stock powder. Cook for 10 minutes.



Add peas and silverbeet and cook for 5 minutes.



Serve with diced, boiled, red and orange kūmara and parsley.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes